

## **Communication No. 2238**

### **SYNCHRONIZED SKATING**

# **GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS AND WELL-BALANCED PROGRAM REQUIREMENTS**

(Replaces ISU Communication 2184)

Note: the original pages 2 and 3 of this ISU Communication do not apply to U.S. Figure Skating competitions and have been removed accordingly.

Tubbergen,  
April 12, 2019  
Lausanne,

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## 7. Well-Balanced Free Skating Program Requirements 2019/20

### 7.1 BASIC NOVICE (Six (6) Elements) - Basic Novice requirements do not apply to U.S. Figure Skating competitions

#### MUST INCLUDE THE FOLLOWING SIX (6) REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
- 2 **Pivoting** Element – **Block**
- 3 **Traveling** Element – **Circle**
- 4 **Move** Element
  - Up to four (4) different fm's
- 5 **Linear** Element – **Line**
- 6 **Rotating** Element – **Wheel**

**NOTE:** Maximum Element levels can be skated, but the level awarded will be one (1) level lower than the maximum defined in the ISU Technical Rules. The highest Difficulty Group of an Additional Feature may be attempted and will be called as executed.

### 7.2 ADVANCED NOVICE (Seven (7) Elements)

#### MUST INCLUDE THE FOLLOWING Six (6) REQUIRED ELEMENTS:

- 1 **Intersection** Element
  - Additional Feature (Point of Intersection) is optional and will be counted if executed correctly
- 2 **Move** Element
  - Up to four (4) different fm's
- 3 **No Hold** Element
  - Additional Feature (Step Sequence) is optional and will be counted if executed correctly
- 4 **Pivoting** Element – **Block**
- 5 **Traveling** Element – **Circle**
- 6 **Twizzle** Element
  - A series of two (2) twizzles, one (1) in each rotational direction is required

#### PLUS A Choice of one (1) Element from Group A

- 7 **GROUP A**  
**Artistic** Element – **Line**  
**OR**  
**Artistic** Element – **Wheel**

#### **NOTES:**

The No Hold Element and Twizzle Element may not be executed one after the other.

Maximum Element levels can be skated, and the level will be called as executed.  
Maximum levels of Additional Features can be skated and will be rewarded according to the execution of the team.

The Base Value of the Elements will be the same for those Elements listed as a choice of one (1) Element shown within a Group (A or B).

### **7.3 NOTES for Basic Novice and Advance Novice:**

**Other Elements** may be incorporated into the Free Skating program.

The program content sheet should indicate which extra Elements are transition Elements.

- Definition/criteria of recommended Elements and Additional Features are in accordance with Rule 990, paragraphs 3 and 4.\*
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

### **Illegal and non-permitted Elements**

Illegal and non-permitted Elements are following the restrictions of Rule 992, paragraphs 2 and 3.\*\*

Novice teams are not allowed to include vaults, Group Lifts or un-sustained lifts.

\*See U.S. Figure Skating rules 9130 and 9150.

\*\*See U.S. Figure Skating rules 9160 and 9170 (C).